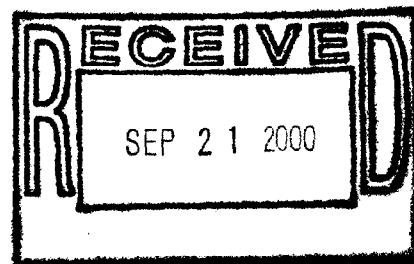


September 18, 2000



Office of Special Nutritionals (HFS-450)  
Center for Food Safety & Applied Nutrition  
Food and Drug Administration  
200 C Street SW  
Washington, D.C. 20204

Dear Sir or Madam:

This letter will serve as a 30-day notification, pursuant to 403 (r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Name and address of Dietary Supplement Manufacturer: Twin Laboratories, Inc.  
150 Motor Parkway  
Hauppauge, NY 11788

Text of statement being made: "MASS FUEL is the most scientifically formulated product ever developed for bodybuilders and other athletes looking to maximize lean muscle mass without the use of anabolic steroids. MASS FUEL taken after weight-training exercise can speed recovery and produce a hormonal environment that may be favorable to protein synthesis and muscle growth...The complex carbohydrate in this formula stimulates the anabolic and anti-catabolic hormone insulin. Insulin enhances muscle growth by increasing the rate amino acids enter muscle cells. Carbohydrates also increase the rate of muscle glycogen synthesis which is important for recovery...Carbohydrate-protein mixtures are more effective for post-exercise glycogen replenishment than carbohydrate alone."

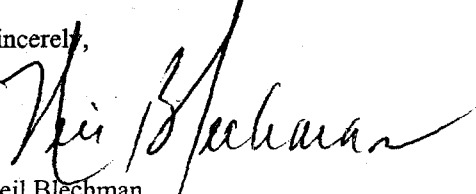
Dietary supplement ingredients: Complex Carbohydrates combined with Protein.

Product brand and name: Twinlab MASS FUEL.

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that Twin Laboratories, Inc., has substantiation that the statement is truthful and not misleading.

Sincerely,

  
Neil Blechman  
Executive Vice President  
Twin Laboratories, Inc.

Enclosures

975-0162

25899